

# Ready for School. Set for Life.

Partnering with parents and families to help all children stay healthy and succeed in school.



## Parent Guide to First Things First Funded Programs

## Contact

*Are you a parent or caregiver looking for resources and support?*

- **Home Visitation**

Gives young children stronger, more supportive relationships with their parents through in-home services on a variety of topics, including parenting skills, early childhood development, literacy, etc. Connects parents with community resources to help them better support their child's health and early learning.

- **Parent Education Community-Based Training**

Strengthens families with young children by providing voluntary classes in community-based settings such as parenting groups, nutrition education, and support and education for teen parents

**Casa de los Niños** in partnership with:

Easter Seals Blake Foundation, Marana Unified School District Parents As Teachers, Amphitheater School District Parents As Teachers, Child & Family Resources Healthy Families, Parent Aid, and The Parent Connection  
Contact: Joanne Karolzak (520) 624-5600 ext. 306

**United Way of Tucson & Southern AZ** in

partnership with: Make Way for Books, Parents as Teachers, The Parent Connection Stay and Play Groups, Sopori Elementary School, Casa de los Niños

Contact: Ally Baehr (520) 903-3954

**Teen Outreach Pregnancy Services**

Contact: (520) 888-2881

*Do you have parenting questions, or need advice?*

**Birth to Five Helpline**

Helps families with young children get free answers to their toughest parenting questions.

**Southwest Human Development**

Toll-free, cost free

1-877-705-KIDS (5437)

Monday- Friday, 8am- 8pm

*Do you want information about your child’s physical or oral health?*

- **Nutrition/Obesity/Physical Activity**  
Improves the health and safety of young children by providing community-based health education on a variety of topics including: healthy food choices and appropriate physical activity.
- **Oral Health**  
Decreases preventable oral health problems in young children.
- **Health Insurance Enrollment**  
Increases children’s access to preventive health care and builds community awareness of the availability of public health insurance options.  
This program provides outreach and education to families and health professionals about the importance of preventative health care such as public health insurance, dental visits by age one, immunizations, and referral information for developmental delays.

**Pima County Health Department**  
Contact: Debbie Weber (520) 741-4313

**Child-Parent Center**  
Contact: Michelle Way (520) 623-2512 ext. 77304

*Want to see how reading and play can help your child learn?*

**Community-based Literacy**  
Helps parents support their young child’s love of words and books.

**Make Way For Books**  
Contact: Emily Phy (520) 721-2334

*Do you need to find a preschool?*

**Expansion Pre-K and Head Start**  
Increase the number of 3- and 4-year olds enrolled in high quality preschool programs that prepare them to succeed in kindergarten and beyond. This program is only available in the Tohono O’odham Nation region.

**Tohono O’odham Nation Education Department**  
Contact: John Fallon (520) 383-8750

<p><b>First Things First Southeast AZ Regional Area Partnership Councils</b> <b>For more information contact:</b> SE AZ Regional Office at (520) 628-6650 or Lisette DeMars, Community Outreach Coordinator at adm-ldemars@azftf.gov or 520-271-2978 Ginger Yrun, Community Outreach Coordinator at adm-vyrun @azftf.gov or 520-444-2859</p>	<p><b>Areas Served:</b> <b>North Pima, Central Pima, South Pima,</b> <b>Tohono O’odham Nation and the</b> <b>Pascua Yaqui Tribe</b> Call the program contact numbers listed to learn if this program is available in your neighborhood</p>
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